

# Pandemic(s) and the Underserved Community

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A series of five horizontal bars of varying lengths and colors (yellow, purple, teal, dark blue, and green) are positioned on the left side of the slide.

**GRANTS FOR OUTREACH  
AND SERVICES TO  
UNDERSERVED POPULATIONS**  
THROUGH THE OFFICE ON VIOLENCE AGAINST WOMEN



# Agenda

- Learning Objectives
- Overview of Trauma and Pandemics
- Current Pandemics
- Pandemics and the Underserved
- Small Group Discussions
- Reflections
- Resources



# Learning Objectives

- Define trauma and pandemics.
- Identify and describe various pandemics.
- Describe current pandemics.
- Describe and briefly explore experiences of pandemics and underserved communities.
- Explore how trauma and pandemics impact grantees' work.



# WHAT IS TRAUMA?



## Substance Abuse and Mental Health Services Administration (SAMHSA)

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.”




## American Psychological Association (APA)

Trauma is an emotional response to a terrible event like an accident, rape or natural disaster.



# Trauma is...

- Emotional response
- Physical response
- Impacts an individual's or a communities functioning (i.e., social, emotional, mental, spiritual, and physical)
- Temporal
- Intersectional
- Intergenerational
- Historical



# WHAT ARE THE SYMPTOMS TRAUMA?



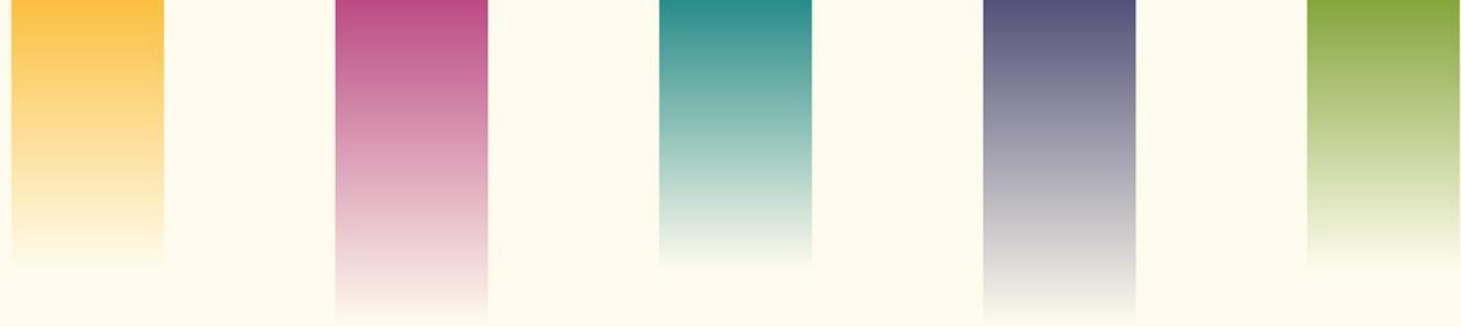


# Symptoms of Trauma Can Be...

- Anger
- Persistent feelings of sadness and despair
- Nightmares and flashbacks (i.e., re-experiencing the trauma)
- Unpredictable emotions
- Physical symptoms, such as nausea and headaches
- Intense feelings of guilt, as if they are somehow responsible for the event
- An altered sense of shame
- Feelings of isolation and hopelessness

# Symptoms of Trauma Can *Also* Be...

- Headaches, backaches, stomachaches, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or overeating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-blame, survivor guilt, or shame
- Diminished interest in everyday activities
- Racing heartbeat



# WHAT IS A PANDEMIC?



# A Pandemic is...

A **pandemic** is a disease outbreak that spreads across countries or continents. It affects more people and takes more lives than an epidemic.

# Pandemics vs Epidemics are...

## PANDEMICS

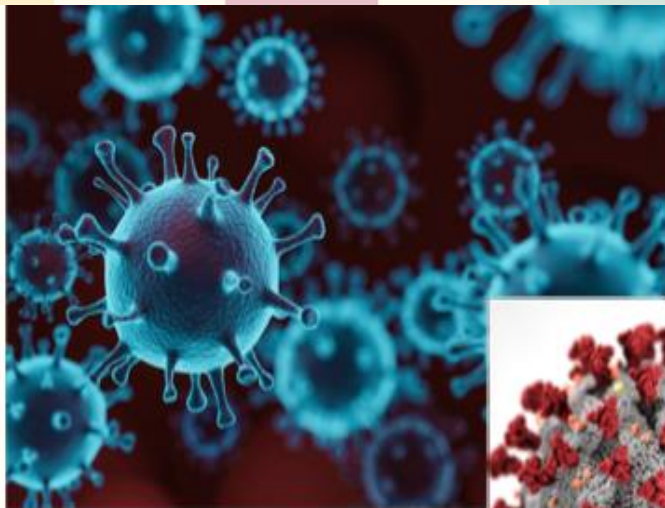
- 541-542 Plague of Justinian
- 1346-1350 The Black Death
- 1899-1923 Sixth cholera pandemic
- 1918-1920 Spanish flu (H1N1)
- 1957-1958 Asian flu (H2N2)
- 1968-1969 Hong Kong flu
- 2009-2010 Swine flu (H1N1)
- 2020 COVID-19/Coronavirus

## EPIDEMICS

- 1916 Polio
- 1981-present AIDS<sup>\*</sup>
- 2014-2016 Ebola
- 2015-present Zika virus



# CURRENT PANDEMICS IN THE U.S.



***CORONAVIRUS***



## The New York Times

EARLY I

... No. 58,703

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NEW YORK, SUNDAY, MAY 24, 2020

## DEATHS NEAR 100,000, AN INCALCULABLE L

Not Simply  
in a List.  
Here Us.

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patients treated,  
or lives cut short.  
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deaths attributed  
New York Times  
and death no-  
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t 1 percent of the  
re numbers.

ian Jose, Calif., au-  
alley • **Marion**  
and, Wash., great-  
in easy laugh • **Jer-**  
e County, Fla., wife  
enjoy a new mar-  
lawyer, 84, Belle-  
gger's son • **Loret-**  
o, 68, Los Angeles,  
orn in the Philip-  
ver Haynes, 27, Ce-  
generous young  
ful grin • **Patricia**

could be a real jokester • **Michael Sor-**  
kin, 71, New York City, champion of so-  
cial justice through architecture • **George Valentine**, 66, Washington,  
D.C., lawyer who mentored others • **Susan McPherson Gottsegen**, 74, Palm  
Beach, Fla., loyal and generous friend  
to many • **Andreas Koutsoudakis**, 59,  
New York City, trailblazer for TriBeCa  
• **Bob Barnum**, 64, St. Petersburg, Fla.,  
leader in Florida Pride events • **Noel**  
**Sinkiat**, 64, Olney, Md., nurse planning  
for retirement • **Thomas E. Anglin**, 83,  
Cumming, Ga., created many wonder-  
ful memories for his family • **Robert**  
**Manley Argo Jr.**, 75, South Bay, Calif.,  
member of Del Amo Flyers • **Michael**  
**McKinnell**, 84, Beverly, Mass., archi-  
tect of Boston's monumental City Hall  
• **Huguette Dorsey**, 94, Somerville, N.J.,  
coached several championship-win-  
ning junior high girls basketball teams  
• **Lynne Sierra**, 68, Roselle, Ill., grand-  
mother who was always full of ideas  
• **Louvenia Henderson**, 44, Tonawanda,  
N.Y., proud single mother of three  
• **Carol Sue Rubin**, 66, West Bloomfield,  
Mich., loved travel, mahjong and  
crossword puzzles • **Marion Lucille**  
**Kujda**, 92, Royal Oak, Mich., would use  
chalk and oil paints to capture family  
portraits • **Alice Chavarian**, 92, Mich-  
igan, loving, generous and adventur-  
ous spirit • **Rossey Offing**, 25, Mich-  
igan, saw friends at their worst but

statesman in the construction indus-  
try • **Clair Dunlap**, 89, Washington, pi-  
lot still teaching people to fly at 88 • **Marylou Armer**, 43, Sonoma Valley, Cal-  
if., veteran police detective • **Regina**  
**D. Cullen**, 83, Shrewsbury, Mass., small  
in stature but strong in spirit • **Sandra**  
**Santos-Vizcaino**, 54, New York City,  
beloved public school teacher • **Frank**  
**Gabrin**, 60, New York City, emergem-  
cy room doctor who died in husband's  
arms • **Sterling E. Matthews**, 60,  
Midlothian, Va., cancer survivor who  
served as a deacon • **Ally Kass**, 59,  
California, lead singer of a Yiddish folk  
group • **Roger Eckart**, 78, Indiana, re-  
tired firefighter and old-school barber  
• **Martin Douglas**, 71, New York City,  
maestro of a steel-pan band • **Daniel**  
**Spector**, 68, Memphis, mentor to oth-  
er Memphis artists • **Mary Minervini**,  
91, Oak Lawn, Ill., sign-language in-  
terpreter • **Salomon S. Podgursky**, 54,  
New Jersey, loved to figure out how  
things worked • **Dale E. Thurman**, 65,  
Lexington, Ky., tailor known for his ex-  
acting work and strong opinions • **El-**  
**lis Marsalis**, 83, New Orleans, jazz pi-  
anist and patriarch of a family of mu-  
sicians • **Richard Passman**, 94, Silver  
Spring, Md., rocket engineer in the  
early days of supersonic flight • **Da-**  
**vid Driskell**, 88, Hyattsville, Md.,  
champion of African-American art • **Bucky**  
**Pizzarelli**, 94, Saddle River, N.J.,

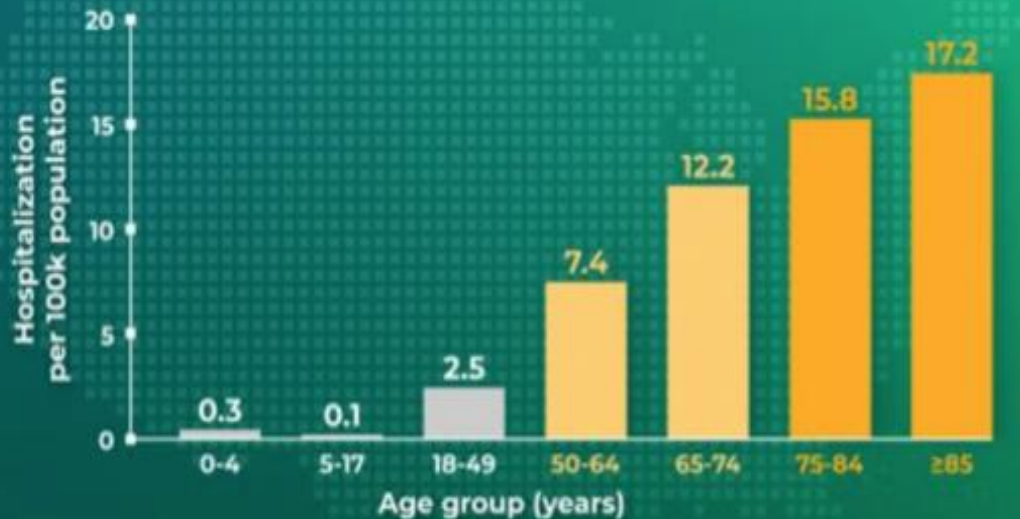
**Vincent Lionti**, 60, New York City, Met  
Opera violist and youth orchestra con-  
ductor • **Ann Youngerman Smoler**, 87,  
New York City, had a passion for so-  
cial justice • **Thomas Waters**, 56, New  
York City, armed the affordable hous-  
ing movement with data and analysis  
• **Luke Workoff**, 33, Huntington, N.Y.,  
his relentless passion was for his fam-  
ily and friends • **José Díaz-Ayala**, 38,  
Palm Beach, Fla., served with the  
Palm Beach County Sheriff's Office for  
14 years • **Antonio Nieves**, 73, Chic-  
ago, always seemed to be busy with  
some home project • **Jeanne Ham-**  
**mond Byrnes**, 97, Danbury, Conn., re-  
ceived numerous awards for her ac-  
counting skills • **Alice Coopersmith**  
**Furst**, 87, Kentfield, Calif., in the first  
class of girls admitted to the Bronx  
High School of Science • **Bobby Lee**  
**Barber**, 84, Buckley, Wash., Seahawks  
season-ticket holder • **Thomas A. Ad-**  
**amovich**, 78, Shelbysburg, Wis., espe-  
cially proud of his Lithuanian heritage  
• **Kyra Swartz**, 33, New York, volun-  
teered for pet rescue organizations  
• **Rhoda Hatch**, 73, Chicago, first in her  
family to graduate college • **Regina**  
**Dix-Parsons**, 75, Schenectady, N.Y.,  
stalwart church gospel singer • **Lak-**  
**isha Willis White**, 45, Orlando, Fla.,  
was helping to raise some of her dou-  
zen grandchildren • **Barbara Yutheck**  
**Vethacke**, 74, St. Clair Shores, Mich.,

Novominskier Hasidic dynasty • **Jo-**  
**seph E. Kelly**, 81, New York City, did  
two tours through the Panama Canal  
to Antarctica • **John Prine**, 73, Nash-  
ville, country-folk singer who was a  
favorite of Bob Dylan • **Perry Buchal-**  
**ter**, 63, Florida, quiet hero • **Monica**  
**Maley**, 74, Rehoboth Beach, Del., loved  
animals, had dogs and cats, and rode  
horses • **Thomas Tarbell Russell**, 83,  
Longmeadow, Mass., mentored by the  
computer science pioneer Grace Hop-  
per • **Ruth Skapinok**, 83, Roseville, Cal-  
if., backyard birds were known to eat  
from her hand • **Farahyn Havir**, 92,  
Minnesota, her favorite thing was  
meeting new people • **Turrin Jamal**  
**Howard**, 26, Witterbury, Conn., gentle  
giant, athlete and musician • **James**  
**O'Brien Johnson**, 74, Joplin, Mo., pa-  
stor of Mt. Sinai Church of God in Christ  
• **Joseph W. Hammond**, 64, Chicago,  
stopped working to look after his ag-  
ing parents • **Morris Loeb**, 90, North-  
brook, Ill., endlessly curious, never re-  
ally finished • **Dante Dennis Flagello**,  
62, Rome, Ga., his greatest accom-  
plishment was his relationship with  
his wife • **Tommie Adams**, 71, Chic-  
ago, moved antiques for more than 25  
years • **Myra Helen Robinson**, 57, De-  
troit, more adept than many knew • **Roger**  
**McKinney-Wagner**, 73, Lowell,  
Mass., professor at the Salter School  
• **Sean Christian Keville**, 47, New Prov-

72, Bristol, Conn., 1  
day and holiday ca-  
• **Charles Constanti**  
N.J., worked 40 y  
York Times • **Ben**  
ton, stockbroker w/  
Financial Services  
way, 82, New Brus  
ematician known i  
nius" • **Stanley Cl**  
City, developer an  
ident • **Robby Bro**  
City, Realtor and  
socialized with ce  
**Handman**, 97, New  
teacher and a fou  
can Place Theater  
New York City, ca  
part on musicals  
New Jersey, mas  
Brown & Son Fun  
Gasser, 94, Pennsylv  
mother with a flair  
**ley L. Morse**, 88, S  
trombonist who o  
offer to join Duke  
tra • **Margaret La**  
chusetts, had a m  
of wonder and on  
**Whitting**, 66, La Pl  
terminated to spoli  
• **Steve Jolitt**, 75,  
manager with "ar  
and unusual thing  
66, Richmond, V



## RATES OF HOSPITALIZATION FOR COVID-19 INCREASE WITH AGE



**Everyone, especially older adults, should:** ✓ stay home  
✓ use face coverings in public settings ✓ wash hands frequently





**NO HATE.  
NO FEAR.**

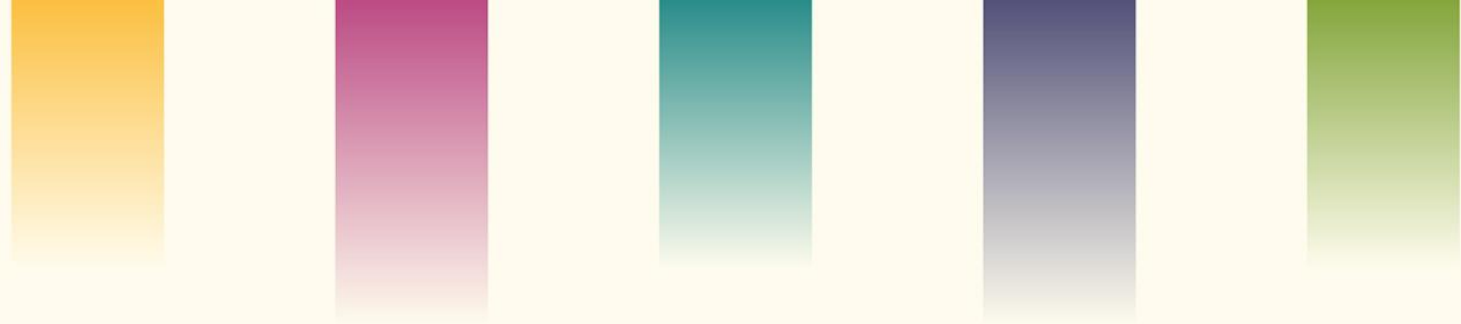






“  
Racism is a  
pandemic  
”





# SMALL GROUP DISCUSSION



# Small Group Discussion Questions: COVID-19

- How has the COVID-19/coronavirus pandemic impacted you?
- What are some differences between how you functioned before COVID-19/coronavirus and now?



# COVID-19: GROUP DISCUSSION

*Zoom Breakout Rooms will be used here. Breakout rooms are not recorded.*



# Small Group Discussion Questions: Racism

- How has the pandemic of racism impacted you?
- What are some differences between how you functioned before the overt pandemic of racism and now?





# RACISM: GROUP DISCUSSION

*Zoom Breakout Rooms will be used here. Breakout rooms are not recorded.*



# **PANDEMICS AND UNDERSERVED COMMUNITIES**



# Pandemics and Underserved Communities...

- Historical
- Intersectional
- Temporal



# DISCUSSION

WHAT CAN WE DO?

WHAT DO WE ALREADY DO?

Five vertical bars of different colors (orange, purple, teal, blue, green) are positioned at the top of the slide, each with a vertical gradient.

# COPING STRATEGIES

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS  
FOLLOW THE  
RULES OF SOCIAL  
DISTANCING

THE AMOUNT  
OF TOILET  
PAPER AT THE  
STORE

THE  
ACTIONS  
OF  
OTHERS

PREDICTING  
WHAT WILL  
HAPPEN

OTHER  
PEOPLE'S  
MOTIVES

MY POSITIVE  
ATTITUDE  
  
HOW I FOLLOW CDC  
RECOMMENDATIONS

MY OWN SOCIAL  
DISTANCING

TURNING  
OFF THE  
NEWS

LIMITING MY  
SOCIAL MEDIA

MY KINDNESS &  
GRACE

FINDING FUN  
THINGS TO DO  
AT HOME

HOW  
LONG  
THIS  
WILL  
LAST

HOW  
OTHERS  
REACT

## I CAN CONTROL

(So, I will focus on these things.)



Clipart: Carrie Stephens Art  
TheCounselingTeacher.com

# Coping Strategies

- Staff
- Individual
- Organizations
- Community

## Let's make a Coping Skills Toolbox!

## What is it?

A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.

## Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch  
(ex: stuffed animal, stress ball)
2. Something to hear  
(ex: music, meditation guides)
3. Something to see  
(ex: snowglobe, happy pictures)
4. Something to taste  
(ex: mints, tea, sour candy)
5. Something to smell  
(ex: lotion, candles, perfume)

## Distraction

(Taking your mind off the problem for a while)

### Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

## Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration  
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering  
(ex: funny movies / TV / books)

## Emotional Awareness

(Tools for identifying and expressing your feelings)

### Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

## Mindfulness

(Tools for centering and grounding yourself in the present moment)

### Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

## Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends  
Therapist  
Psychiatrist  
Hotline  
Crisis Team / ER  
911

## Put it all together!

Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!

# Reflections and Questions

*Anything rising to the surface?*

*Anything to share?*







# Contact Information

**ALSO Underserved TA Project Email**

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**ALSO Main Phone Number**

**(773) 235-5705**